

Coaching Minor

This coaching minor is one of the few in the northern Rocky Mountain region and is specifically designed to prepare those interested in coaching any sport at any entry level. It was based upon the National Standards for Sport Coaches that was developed by professional coach educators from the National Association of Sport and Physical Education (NASPE) and other sport organizations and universities across the USA.

1. COA 205 Introduction to Coaching is the 'keystone' course for this major. All students should start here.
2. In most cases, there will be no credits given for prior coaching experience that has not resulted in a written evaluation from an athletic director, director of coaching, head coach, or other sport administrator.

Students must receive a grade of "C" or better (with the exception of COA 395 which is P/F) for the following courses.

COA 205	Introduction to Coaching	3
COA 395	Practicum: Coaching Application (* Taken for a total of 3 credits)	1
COA 405	Advanced Concepts in Coaching	3
KIN 210	Principles of Strength and Conditioning	3
KIN 221	Health Anatomy & Physiology	3
KIN 440R	Sport Psychology	3
NUTR 221CS	Basic Human Nutrition	3
Choose one of the following:		3
CHTH 435	Human Response To Stress	
HEE 200	K-12 Motor Learning Development	
HTH 455	The Ethic of Care	
KIN 105	Foundations of Exercise Science	
KIN 320	Exercise Physiology	
KIN 330	Motor Control and Learning	
KIN 410	Advanced Strength Training and Conditioning	
Total Credits		22